



National Hispanic Medical Association

## IMPORTANT ANNOUNCEMENTS

### CULTURE OF HEALTH LEADERS

A Robert Wood Johnson Foundation program

## Applications are now open!

Do you value diverse perspectives and have a deep curiosity that makes you want to connect, listen, learn, and grow? Do you want to use and refine your leadership skills to make your community more equitable? If so, [apply now](#) to be a Culture of Health Leader. Applications are due February 19.

Take the first step by watching a recording of our webinar to learn more about the program and how to complete a successful application, including:

- What to expect from the application process.
- Who is eligible and a good fit for the program.
- What it's like to be a Culture of Health Leader.

**WATCH NOW**

After watching the webinar, please join us for one or more of our **upcoming Q&A Twitter chat sessions on January 14, January 28, and February 11**. Please follow [@CultureofHlthLd](#) for more information about these sessions.

Successful applicants will join a national network of innovative thinkers and doers from **all sectors and fields**, including business, technology, faith, the arts, urban planning, and more. Through intensive learning opportunities, professional coaching from national experts, and unconventional collaborations, our leaders are inspired to learn, lead, and show up in ways they never before imagined.

Successful applicants also receive an annual stipend of \$20,000. In return, leaders typically commit 32 to 38 hours per month to the program, participating in a mix of distance and in-person learning opportunities while working and leading change in their home communities and organizations.

For more information, please [watch](#) the webinar and join us for our Q&A sessions on Twitter!

Culture of Health Leaders  
National Program Center  
1301 Connecticut Avenue, NW, Suite 200  
Washington, DC 20036  
Phone: 202-765-2500  
[info@cultureofhealth-leaders.org](mailto:info@cultureofhealth-leaders.org)  
[cultureofhealth-leaders.org](http://cultureofhealth-leaders.org)

Stay Connected:



## BNGAP's 2nd Pre-Faculty Career Development Conference

Building The Next Generation of Academic Physicians (BNGAP) is excited to celebrate their 10th Anniversary on Jan 30-February 2, 2020 during BNGAP's 2nd Pre-Faculty Career Development Conference hosted at the University of Arizona-Phoenix. Please check out their 10th Anniversary Video describing their vision, mission, and strategic plan. [CLICK HERE](#) or visit <https://youtu.be/dYI-35jWKi8>.



THE UNIVERSITY OF ARIZONA  
**College of Medicine**  
Phoenix



**10<sup>th</sup> Anniversary and 2<sup>nd</sup> Pre-Faculty Career Development Conference**

**SAVE THE DATE**

### **Building the Next Generation of Academic Physicians (BNGAP, Inc.)**

Friday, January 31 – Sunday, February 2, 2020  
University of Arizona College of Medicine-Phoenix  
475 North 5<sup>th</sup> Street  
Phoenix, AZ 85004-2230

If you have any questions contact Francisco Lucio, JD ([flucio@email.arizona.edu](mailto:flucio@email.arizona.edu))  
or JP Sanchez, MD, MPH ([jps304@njms.rutgers.edu](mailto:jps304@njms.rutgers.edu))

## Are you a healthcare worker who completed your training in another country?

[New American Economy](#) is looking for stories to help raise public awareness about legislation that would make it easier for foreign-trained healthcare professionals to get licensed and work in their desired fields.

Last May, California Congresswoman Lucille Roybal-Allard introduced the [PATH Act](#), which will help foreign-trained healthcare professionals find jobs in the United States that reflect their education, skills, and expertise. The legislation includes initiatives to provide counseling and training opportunities, and to educate employers on international credentials and training.

The bipartisan immigration-reform nonprofit New American Economy is working to raise awareness of the need for the PATH Act. They're collecting stories nationwide, but they're especially seeking people in Florida, Michigan, Nebraska, Ohio, and Pennsylvania who want to share their views:

- Was it hard to get back into your field once you arrived in the United States?
- Did you switch careers completely or work less than you'd like?
- What would you like Congress to know about your experience that could help others?

Please email Ben Whitford at [Ben@newamericaneconomy.org](mailto:Ben@newamericaneconomy.org). All messages will be treated as confidential.



*Learn to*

**AmeriHealth Caritas**  
District of Columbia

**Manage Diabetes and High Blood Pressure**

**2019 WELLNESS CIRCLES**

*Reminder*

Sessions held on	Sep. 21, 2019
Saturdays from	Oct. 26, 2019
	Nov. 9, 2019
	Dec. 14, 2019
	Jan. 11, 2020
	Jan. 18, 2020
	Jan. 25, 2020

**11:00 am – 2:00 pm**

 Members will receive a grocery gift card at each session. Prizes will be available for members who attend regularly and/or make real progress by the end of the sessions.

 **The Festival Center**  
1640 Columbia Road, NW | Washington, DC 20009

For further information,  
please call **(202) 678-1978**

**CHOZEN**  
CONSULTING



## Health Volunteers Overseas - Costa Rica projects in need of Spanish Speaking Clinicians/Trainers for Volunteer Assignments

**Background:** [Health Volunteers Overseas](#) (HVO) improves the quality and availability of health care in low- and middle-income countries through education and training. We recruit short-term volunteers (doctors, nurses, etc) to serve in 1-4 week teaching and training assignments at our project sites, typically teaching universities and hospitals. Training goals are defined by our project partners – so that each volunteer contributes to long-term improvements in the quality of care. HVO volunteers pay for their own airfare and accommodation (usually very low cost and sometimes provided by our local partners). We ask that all HVO volunteers join our organization (\$150/year for doctors) to support our recruitment, placement and orientation services. There are no other fees associated with our work. We are sponsored by 19 medical, dental, nursing and PT professional associations including the American College of Physicians, American Academy of Pediatrics, and the American Academy of Dermatology, amongst others. We send 450 volunteers to more than 100 projects in 25+ countries each year.



### **Specific Needs:**

**Internal Medicine/Costa Rica** - <https://hvousa.org/get-involved/programs/internal-medicine/>

Improvement of the Internal Medicine Residency Programs at 3 hospitals in San Jose: San Juan de Dios Hospital, the Hospital Rafael Ángel Calderón Guardia and the Mexico Hospital. HVO volunteers provide training to residents through didactic training, ward rounds, and bedside training, as well as educate residents through lectures on various topics chosen in partnership with on-site personnel. Volunteers work with faculty to improve teaching skills, provide guidance and mentoring to residency program directors, and guide both residents and hospital staff in clinical investigation projects and biostatistics research. Volunteers may work at more than one hospital during their assignment.

**Teaching Topics:** Internal medicine – all topics; endocrinology (diabetes), cardiology, neurology, infectious disease, rheumatology, gastroenterology & pulmonology of particular interest; **Qualifications:** Board eligible/certified academicians; current license to practice (active or retired); sub-specialists needed; experienced volunteers preferred; fluency in Spanish required

**Dermatology/Costa Rica** - <https://hvousa.org/get-involved/programs/dermatology/>

Volunteers assist in improving the academic dermatologic residency program through week long concentrated courses on various dermatologic topics. The volunteer schedule includes one to two hours of lecture time per day, attending ward rounds, and observing in clinic. **Qualifications:** Board certified or eligible and hold a current license to practice dermatology in the United States or Canada (active or retired).

If you are interested in participating, contact Lauren Franklin, [l.franklin@hvousa.org](mailto:l.franklin@hvousa.org).

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## Tijuana Refugee Medical Support

Abhorrent conditions in Central American countries have continued to force migrants north to Tijuana to escape trauma and persecution. Concurrently, the Department of Homeland Security (DHS) has enacted a limit to the number of asylum cases processed each day in Tijuana to around 10-50 and has applied "catch-and-release policy" that sends asylum seekers back down to Tijuana to await asylum after their initial hearing. As a result, health crises continue to propagate in already crowded shelters and camps with thousands of migrants seeking refuge.

To help address this immense need, Refugee Health Alliance (RHA) has organized trips every Saturday since November when a caravan of approximately 7,000 migrants arrived to Tijuana. These trips focused on providing medical care at overcrowded shelters throughout Tijuana. Clinical teams between 15-35 volunteers are deployed to sites across Tijuana and typically see between 80-120 patients each Saturday. Furthermore, we have established a clinic at an autonomous community space where asylum seekers also come to receive free meals and legal support. This clinic is open Monday through Friday and is typically staffed by 1-2 providers and 1-2 support staff. The clinic sees between 10-25 patients each day and has access to basic labs, radiography, and testing. We also subsidize the hospitalization of critically ill migrants. Since our inception in November 2018, we have completed approximately 5,000 patient consultations and we have become the largest charity healthcare provider to the migrants and the shelters in Tijuana, with the exception of the Mexican government.

We seek not only medical volunteers but also translators, acupuncturists, herbalists and mental health professionals. We provide mental health services in the form psychological consultations and group support to vulnerable subsets of the population including unaccompanied minors and LGBT members. We also host recreational therapy sessions, which have included activities like art and yoga to promote psychological and physical well-being.

If you are interested in aiding refugees through medical support, please fill out the following form. This form is used to add volunteers to a mailing list so that they can receive future updates, and it is used to help build appropriate clinic rosters. Moreover, please disseminate our GoFundMe page to help raise money for medicine, supplies, and travel costs!

Once you sign up, you will be added to an email list to receive ongoing updates about the project. One to two weeks prior to the Saturday clinic date(s) that you select, you will receive an email to reconfirm your attendance along with additional information about what to expect. If you indicate that you would like to spend an extended time at the medical clinic, we will reach out to you individually.

Other relevant links:

Website: <https://refugeehealthalliance.org/>

Facebook Page: <https://www.facebook.com/groups/1040277419485183/>

GoFundMe Link: <https://www.gofundme.com/charity-clinic-for-refugee-caravan>

Supplies Needed: [https://docs.google.com/document/d/1U1BouD6cNzJcP6Rxk3OqbFdDmJdW\\_NMilmtDLDBPVRI/edit](https://docs.google.com/document/d/1U1BouD6cNzJcP6Rxk3OqbFdDmJdW_NMilmtDLDBPVRI/edit)

New Articles:

[https://docs.google.com/document/d/1HeX2NwLjkbhvwZUnn6dX88RAD\\_28zXD98xCmbmM4w/edit](https://docs.google.com/document/d/1HeX2NwLjkbhvwZUnn6dX88RAD_28zXD98xCmbmM4w/edit)

For questions, suggestions, or comments:

Call/Text: (916) 878-6674

Email: [phil.s.canete@gmail.com](mailto:phil.s.canete@gmail.com)

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## ***Tu Salud Tu Familia* in need of Subject Matter Experts**

*Tu Salud, Tu Familia* is a show on Telemundo 44 that airs every Sunday at 9:30 AM. The producer, Dr. Fabian Sandoval, produces several segments on a variety of health topics. These segments provide medical insight and advice on preventive medicine as well clinical research for Latino patients. These [short videos](#), which are produced in Spanish, help keep the Latino population informed and up-to-date on the latest medical research and how they can personally make their lives healthier.

They are currently in need of subject matter experts in the following topics:

- Cardiology
- Blood Pressure
- Tuberculosis
- Clinical Research
- AMD (Age-Related Macular Degeneration) / DME (Diabetic Macular Edema)
- Menopause/Andropause
- Trichotillomania
- Erectile Dysfunction
- Mental Health and Immigration
- Alzheimer's

If you are interested in participating or have any questions, visit <https://www.tusaludtufamilia.com/tu-salud-tu-familia/> or contact Joseph Olmo, [joseph@ecrinstitute.com](mailto:joseph@ecrinstitute.com).

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## **New Free E-Learning Program on Cultural Competency for Behavioral Health Professionals**

The HHS Office of Minority Health (OMH) announced a new, free and accredited e-learning program: Improving Cultural Competency for Behavioral Health Professionals. The program, available via OMH's Think Cultural Health website, is designed to develop behavioral health providers' knowledge and skills related to culturally and linguistically appropriate services (CLAS).

This online program is a practical tool for behavioral health professionals who want to gain skills and knowledge about culture and diversity, which could be applied daily to better serve your clients. The tool is particularly timely for professionals working to address the opioid epidemic among racial and ethnic populations, which have low treatment rates and some of the highest rates of opioid misuse and overdose.

OMH encourages all certified counselors, nurses, psychiatrists, psychologists and social workers to take this program and earn up to five continuing education credits at no cost.

The program's 4 courses cover:

- Connections between culture and behavioral health
- The impact of cultural identity on interactions with clients
- Ways to engage, assess and treat clients from diverse backgrounds

[Click Here](#) to learn more about the program.

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## Media Availability: Leaders of NIH's All of Us Research Program Recap Progress and Next Steps

### WHAT:

The *All of Us* Research Program at the National Institutes of Health has made strong progress in its efforts to advance precision medicine, according to program leadership in a forthcoming paper in the *New England Journal of Medicine*.

With information provided by volunteers across the United States, *All of Us* is developing a robust data platform to support a wide range of health studies. The program aims to include data from 1 million or more people from diverse communities. As of July 2019, more than 230,000 people have enrolled, including 175,000 participants who have completed the core protocol. Of those, 80% are from groups that have been historically underrepresented in biomedical research. Participants contribute information in a variety of ways, including surveys; electronic health records (EHR); physical measurements; blood, urine, and saliva samples; and Fitbit devices. In the future, the program will add new surveys and linkages to other data sets and digital health technologies, and begin genotyping and whole-genome sequencing participants' biological samples. Data will be broadly accessible to approved researchers, and participants will receive information back about themselves.

In May 2019, with enrollment ongoing, the program released initial summary data at <https://www.researchallofus.org/>. Now, the *All of Us* team is planning demonstration projects to assess the usefulness and validity of the data set, in preparation for the launch of the Researcher Workbench—the secure platform where researchers will be able to conduct analyses.

The program's ongoing success will rely on several factors, according to the authors. The program must continue to enroll participants from across the country, including those in rural and other underserved areas. The program needs to ensure that participants, once enrolled, derive value, remain engaged, and retain trust in the program such that they continue to share data long term. Additionally, the program must continue to protect from cyberattacks, protect participant privacy, and harmonize data from different EHR systems. Work is underway on all these fronts.

The authors anticipate that the program's value will become even more rich as it matures, enabling new discoveries over time. A goal of the study is to improve population health through the identification of risk factors and biomarkers (including environmental exposures, habits, and social determinants) to allow more efficient and accurate diagnosis and screening, better understanding of diverse populations, more rational use of existing therapeutics, and the development of new treatments.

### ARTICLE:

Denny, *et al.* The “All of Us” Research Program. *New England Journal of Medicine*, DOI: 10.1056/NEJMSr1809937. 2019.

### WHO:

Eric Dishman, director of the *All of Us* Research Program

Stephanie Devaney, Ph.D., deputy director of the *All of Us* Research Program

Joshua C. Denny, M.D., M.S., professor of biomedical informatics and medicine, Vanderbilt University Medical Center, and principal investigator, *All of Us* Data and Research Center

### CONTACT:

Veronica Anderson or Katie Rush  
NIH *All of Us* Research Program  
[AllofUsPress@mail.nih.gov](mailto:AllofUsPress@mail.nih.gov) | (301) 827-6877

Craig Boerner  
Vanderbilt University Medical Center  
[craig.boerner@vumc.org](mailto:craig.boerner@vumc.org) | (615) 322-4747

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## CDC Tuberculosis

The Centers for Disease Control and Prevention (CDC) and the National Tuberculosis Controllers Association (NTCA) have released “[Tuberculosis Screening, Testing, and Treatment of U.S. Health-Care Personnel: Recommendations from the National Tuberculosis Controllers Association and CDC, 2019](#)”, published today in CDC’s *Morbidity and Mortality Weekly Report (MMWR)*. The updated recommendations reflect the overall decrease of TB cases and the low incidence of TB among health care personnel in the United States due to occupational exposure.

Highlights from the updated recommendations include:

- Health care personnel should receive a [baseline individual TB risk assessment, symptom screening](#), and TB testing (e.g., TB skin test or TB blood test) upon hire/pre-placement.
- CDC and NTCA do not recommend annual TB testing for health care personnel unless there is a known exposure or ongoing transmission in a health care setting.
- Health care personnel with a positive TB skin test or TB blood test result should receive a symptom evaluation and chest x-ray to rule out TB disease. Treatment for latent TB infection is strongly encouraged. Shorter course [latent TB infection treatment](#) regimens that are three to four months in duration are encouraged over the longer six- or nine-month treatment regimens because they are easier for people to complete.
- If health care personnel have untreated latent TB infection, they should be screened annually for [symptoms](#) of TB disease (e.g., a cough lasting longer than three weeks, unexplained weight loss, night sweats or a fever, and loss of appetite).
- All health care personnel should receive annual TB education. TB education should include information on TB risk factors, the signs and symptoms of TB disease, and TB infection control policies and procedures.

These recommendations update the recommendations for TB screening and testing of health care personnel from the [Guidelines for Preventing the Transmission of \*Mycobacterium tuberculosis\* in Health-Care Settings, 2005](#). The recommendations for facility risk assessments and infection-control practices are unchanged.

CDC has developed [supporting resources](#) and tools including: [Frequently Asked Questions](#) and a [Baseline Individual TB Risk Assessment Form](#).

As state and local TB screening and testing regulations may differ based on local needs, the updated recommendations do not override or replace state regulations. CDC encourages facilities with questions about testing regulations in their state to contact their [state TB control program](#).

Please visit the [CDC Division of Tuberculosis Elimination webpage](#) for additional information and resources regarding these recommendations.

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## Get Cultured on Fermented Dairy Foods

Perhaps it is a combination of their unique taste profile, artisanal aura, and health benefits that has secured fermented foods a top spot with trend spotters across the globe. Join National Dairy Council (NDC) for a FREE CEU/CEC webinar on fermented dairy foods.

Chris Cifelli, PhD and VP of Nutrition Research at NDC and Andrew Dole MS, RDN, CSSD, CEC, USAT I and owner of BodyFuelSPN will explain the nuances between fermented foods and probiotics. They also will discuss emerging evidence on the link between yogurt and reduced inflammation and explore how the unique matrix of fermented dairy foods may be associated with reduced risk of some chronic diseases.

Register <http://bit.ly/2ZeLU4r>.

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There is now a training resource available to the National Hispanic Medical Association network. The HHS SOAR training program is administered by the Administration for Children and Families' (ACF) Office on Trafficking in Persons (OTIP), in partnership with the Office on Women's Health (OWH), through the National Human Trafficking Training and Technical Assistance Center. Access the CME/CM training course, visit <https://www.acf.hhs.gov/otip/training/soar-to-health-and-wellness-training/soar-online>.

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## **NBCUniversal Telemundo Enterprise's New #LatinoStrong, Unidos Contra el Odio, Initiative**

NBCUniversal Telemundo Enterprises [announced](#) the launch of #LatinoStrong, Unidos Contra el Odio, an initiative dedicated to supporting the Hispanic community in the U.S. following the recent tragedies that occurred in El Paso, Texas and Dayton, Ohio.

Under El Poder En Ti, Telemundo's corporate social responsibility program, the network will implement #LatinoStrong, Unidos Contra el Odio, across the network and multiple digital platforms to offer the resources to help Hispanics feel secure and safe in their communities.

"As the Spanish-language network in the U.S. representing 60 million Latinos, it is our responsibility and commitment to U.S. Hispanics to provide support during these difficult times," said Christina Kolbjornsen, Senior Vice President of Corporate and External Affairs. "Telemundo launched #LatinoStrong, Unidos Contra el Odio, to offer resources for our community to learn how to identify hate crimes and how to report them. We stand with all communities in promoting unity and eradicating acts of violence."

Through [Telemundo.com/latinostrong](https://www.telemundo.com/latinostrong), the company will provide a comprehensive online destination for viewers to access information and links to non-profit organizations. The initiative will also feature Profiles of Courage to continue to share the stories and contributions of Hispanics across the country.

Telemundo has partnered with the (ADL) Anti-Defamation League as well as the following world-renowned non-profit organizations who launched "Communities Against Hate" (CAH):

- The Leadership Conference Education Fund
- Lawyers' Committee for Civil Rights Under Law

CAH is a national initiative to document stories and respond to incidents of violence, threats, and property damage motivated by hate around the United States. CAH provides a safe place for survivors and witnesses to share stories of hate and access legal resources and social services to meet their needs. Contact CAH via its online database and telephone hotline (1-844-9-NO-HATE).

To learn more and get engaged, visit <http://www.telemundo.com/latinostrong> and follow the hashtag #LatinoStrong. Connect with Telemundo on Facebook and Twitter, or visit [telemundo.com](https://www.telemundo.com) and YouTube.

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